



Jamaican Beef Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons dijon mustard
- ☐ 1 pound flank steak lean
- ☐ 1 medium size bell pepper green cut into julienne strips
- ☐ 0.5 cup green onions sliced
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 Dash ground cinnamon
- ☐ 1 Dash ground nutmeg

- ☐ 0.8 teaspoon ground pepper red
- ☐ 1 cup mangos fresh diced
- ☐ 4 cups romaine lettuce shredded
- ☐ 0.3 cup rum
- ☐ 1 teaspoon thyme leaves dried whole
- ☐ 1 teaspoon vegetable oil
- ☐ 2 carambolas sliced (starfruit)

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ wok

Directions

- ☐ Partially freeze steak; trim fat from steak. Slice steak diagonally across grain into 1/4-inch-wide strips.
- ☐ Combine rum and next 7 ingredients in a small bowl; stir well, and set aside.
- ☐ Coat a wok with cooking spray; drizzle oil around top of wok, coating sides.
- ☐ Heat at medium-high (37
- ☐ for 2 minutes or until hot.
- ☐ Add steak, and stir-fry 5 minutes or until browned.
- ☐ Remove from wok; drain well on paper towels, and set aside. Wipe wok dry with a paper towel.
- ☐ Coat wok with cooking spray.
- ☐ Add green pepper and green onions; stir-fry 3 minutes.
- ☐ Add steak, rum mixture, mango, and carambola; stir-fry 1 to 2 minutes or until mixture is slightly thickened.
- ☐ Arrange 1 cup lettuce on each of 4 individual serving plates. Spoon 1 cup steak mixture in center of each serving.

Nutrition Facts



 **PROTEIN 45.54%**  **FAT 29.48%**  **CARBS 24.98%**

Properties

Glycemic Index:74.69, Glycemic Load:3.89, Inflammation Score:-10, Nutrition Score:27.560434631679%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 264.32kcal (13.22%), Fat: 7.59g (11.68%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 10.2g (3.71%), Sugar: 9.18g (10.2%), Cholesterol: 68.04mg (22.68%), Sodium: 96.18mg (4.18%), Alcohol: 5.01g (100%), Alcohol %: 2.05% (100%), Protein: 26.38g (52.77%), Vitamin A: 4971.46IU (99.43%), Vitamin K: 86.12µg (82.02%), Vitamin C: 59.3mg (71.88%), Selenium: 35.16µg (50.23%), Vitamin B6: 0.87mg (43.27%), Vitamin B3: 7.93mg (39.65%), Zinc: 4.69mg (31.26%), Folate: 114.34µg (28.59%), Phosphorus: 270.77mg (27.08%), Potassium: 736.06mg (21.03%), Vitamin B12: 1.03µg (17.2%), Fiber: 4.27g (17.08%), Iron: 3.01mg (16.75%), Manganese: 0.28mg (13.98%), Copper: 0.26mg (12.82%), Vitamin B2: 0.21mg (12.36%), Magnesium: 48.79mg (12.2%), Vitamin B1: 0.17mg (11.09%), Vitamin B5: 1.09mg (10.88%), Vitamin E: 1.25mg (8.3%), Calcium: 67.86mg (6.79%)